



Who Is Watching Out for You?: The Sam Spady Story

Developed by the SAM Spady Foundation

Learning Objectives:



1. Explain how as an individual, you are responsible for yourself and others, especially in situations involving alcohol consumption
2. Describe how one's assumptions can be clouded by drinking alcohol and how assumptions shape intervention (or lack thereof)
3. Identify a plan for personal safety for situations involving alcohol

Technical Requirements:



Flip chart (You will be posting a picture of Samantha on the flip chart paper. The photo can be found at the end of this section.)

TV and DVD player or computer (connected to projector) to play DVD
Death by Alcohol: The Sam Spady Story documentary DVD

Handouts:



Wallet cards (Request from ZTA International Office.)

Deck of *My Sister, My Responsibility*/Sam Spady cards to distribute to the audience (following instructions) – Please note that this is the multi-colored deck of cards that is included in the MSMR binder.

Time Needed:

55 minutes

Group Size:

Ideal group size is 50 to 100. However, this activity is ideal if there are enough people so that each person in the audience represents someone who had contact with Samantha. The number of GREY and GOLD cards can be increased/decreased to meet the needs of the group size. If you need to increase the number of GREY and GOLD cards, use the copyable resource at the end of this section, or the printable resource online. The exercise has significant impact if every participant is given a card.

Room Set Up:

Make sure that everyone can see the screen/TV from where they are sitting. The space should be open so that participants can look around and see who is standing in the interactive activity.

Preparation:

Watch the DVD in advance so you are prepared to recap it and help members reflect on the content. Also be very familiar with the roles defined by the different cards, so that you can easily facilitate the interactive activity. If you anticipate having more participants than cards provided (more than 56), use the copyable resource in the MSMR binder, or the printable resource online to create additional cards.

Resources:

The Sam Spady Foundation: www.samspadyfoundation.org

INTRODUCTION (2 minutes)

The facilitator should introduce himself/herself, welcome and thank everyone for attending the session.

Desired Outcomes



The purpose of this workshop is to demonstrate that under normal circumstances, we are able to examine our assumptions and make good decisions. But when alcohol enters the picture, things can become very cloudy, and the assumption that once seemed so clear is not as well-defined. We'll explore a real-life situation where the assumptions made under the influence affected the lives of many.

In preparation:

- Watch the *Death By Alcohol* DVD.
- Familiarize yourself with the enclosed deck of cards and the role each color of card symbolizes.

BACKGROUND (3 minutes)

Samantha Spady had a bright spirit, charming innocence and her optimism made her a joy to be around.

She was an honor student and accomplished artist and was an unlikely candidate for an alcohol-related death. But as a coed at Colorado State University, she fell victim to the relentless pull of partying and binge drinking that has become so common with young adults across the country. It has been increasingly clear as we learn the facts surrounding this phenomenon that all students may be at risk.

Far from her hometown in Beatrice, Nebraska, Samantha found a new way of life in college. The excitement of a grown-up independence that nearly all students feel, mixed with the culture of risky drinking lured her to change her pre-college behavior.

On the sad evening of September 4, 2004, Samantha and her friends attended a number of parties and drank more than her body could handle. All alone in an empty guest room of a fraternity house, she was left to sleep it off and the unthinkable happened.

WHO IS WATCHING OUT FOR YOU? (10 minutes)

This activity was created by Michelle Lee, an educator at Iowa State University, and is being used with her permission.



Distribute the colored cards to the audience. If preferred, the cards can be given to audience members as they arrive. Make sure that the cards are shuffled prior to distributing them.

Note to the Facilitator:



- After distributing the cards, put the photo of Samantha on the flip chart.

After distributing the cards, put the photo of Samantha on the flip chart.

The cards represent Samantha and the people who had direct and indirect contact with her on the last day of her life. Begin the activity by reading the script below and asking participants to stand as indicated.

Card Key

* Numbers can be increased/decreased using copyable resource in MSMR binder or online.

Person(s) that Card Represents	Color	# of Cards
Samantha	Blue	1
Samantha's close friend	Red	1
Person that gave Samantha alcohol	Orange	19
Samantha's roommate	Turquoise	1
Homeowner	Green	1
Friends who picked Samantha up after accident	Pink	2
Two carloads of friends	Grey	8*
People who shared bottles of vanilla vodka	Yellow	10
Friends who helped Samantha to a room where she passed out	Purple	2
Fraternity member and his mother	White	2
People at parties that Samantha attended	Gold	9*



Activity Script

SEPTEMBER 4, 2004

It was a beautiful fall Saturday afternoon. Samantha, a sophomore at Colorado State University, was getting ready to enjoy a typical weekend of friends, football and fun. Please stand if you are holding the **BLUE** card, as you represent **Samantha** in this story.

5:45 p.m.

Samantha picked up a friend who lived in a residence hall on the CSU campus. Please stand if you are holding the **RED** card, as you represent **Samantha's close friend**.

6:00 p.m.

Samantha and her friend arrived at a party to watch the CSU/CU football game on television. At the party, Samantha consumed at least two beers, downed two or three shots of tequila, munched on some food and left about two hours later.

8:00 p.m.

Samantha and her friend visited another party where they watched the end of the game. During the party, Samantha was given a "supersized" cup where she drank beer from a keg for the next one and a half to two hours.

After the game was over

Samantha and her friend left the party in search of an ATM and became lost in south Fort Collins. Due to hard rain and poor visibility, Samantha hit the center median flattening both drivers' side tires. She parked her car, called her roommate (please stand if you are holding the **TURQUOISE** card, as you represent her **roommate**) asking for help and walked to the nearest residence where she spoke with the

homeowner asking for directions to their location (stand if you have the **GREEN** card, as you represent the **homeowner**). The homeowner did not believe the two women were intoxicated. Two friends, a male and female (please stand if you are holding the **PINK** cards, as you represent these **friends**), picked them up at 11:10 p.m. and they went to a friend's house for a short time. From there, two carloads of people (please stand if you are holding the **GREY** cards, as you represent these **people**) went to another party. They remained there for only a few minutes and left without consuming any alcohol. They re-grouped at the Sigma Pi fraternity house for a few minutes—again not consuming any alcohol—and left for another party.

SEPTEMBER 5, 2004

12:00 a.m.

Samantha and her friends arrived at another party. Samantha consumed at least four to five beers, may have consumed shots of vanilla vodka, and may have engaged in drinking games.

2:00 a.m.

Samantha and her friend left the party and returned to the Sigma Pi fraternity house where approximately 25 people were present. Samantha was provided with beer.

3:30 a.m.

Most people left the Sigma Pi fraternity house. Samantha and seven to ten people remained and shared one or two bottles of McCormick's Vanilla-Flavored Vodka. Please stand if you are holding **YELLOW** cards, as you represent these remaining **party goers**.

4:30 a.m. - 5:30 a.m.

Samantha's friend tried to persuade her to walk back to the dorm with her, but she was not able to do so. Sam had become intoxicated to the point where she could not stand up. Two friends helped her to a spare room in the fraternity house, and then left. Please stand if you are holding **PURPLE** cards, as you represent these **friends**. Sam's friend stayed with her for a short time before walking back to the dorm. Samantha was last seen lying on the couch on her stomach, using her hands as a pillow.

LATER THAT DAY

6:22 p.m.

Later that day, about 12 hours after Samantha had been left to sleep off the drunken night, a fraternity member who lived off-site discovered Samantha's body while giving his mother a tour of the house. Please stand if you are holding **WHITE** cards, as you represent this **member and his mother**.

If you are NOT standing and you have an **ORANGE** card, please stand up because you are the **people who gave Samantha alcohol the night she died**. The people you represent were each charged with at least one alcohol-related offense.

Anyone remaining holding a **GOLD** card please stand, because you **were at a party where Samantha was present on the night that she died**.

When her body was found at a Colorado State University fraternity house, Samantha had a blood-alcohol content (BAC) level of 0.436 percent, more than five times the legal limit for driving in Colorado. Police estimated that Samantha died Sunday morning, so she may have been in the empty room about 12 hours before they were called. Samantha Spady was an honor student, head varsity cheerleader, homecoming queen, and senior class president before graduating from high school in the small Nebraska town of Beatrice in 2003. She was majoring in business at Colorado State University at the time of her death.

Ask participants to be seated.

DEBRIEFING (5 minutes)

Samantha's death had an impact on a large number of people who may have played even a small part. The Sigma Pi chapter was shut down, and the house Sam died in closed, which forced its residents to find new housing immediately, a difficult task in a college town. And after the investigation, the 19 people who provided alcohol to Sam faced one or more alcohol-related charges. In the Activity, these people were represented by orange cards.

Although Samantha's family feels that Sam herself was ultimately responsible for the decisions that she made, it's important to understand the ASSUMPTIONS that Samantha herself made that night.



What assumptions do you think Sam made when she started out that evening?

You're seeking answers like the ones below. Reiterate them, especially if they are not covered by the group.

- *Samantha probably assumed that she would be safe and that she would be able to consume alcohol without incident.*
- *Samantha likely assumed that if she did have too much to drink someone would make sure that she was safe.*
- *Samantha may have assumed that all she would need to do is go to sleep and that she would be okay in the morning.*

What assumptions do you think the other people Sam encountered made that night?

You're seeking answers like the following; reiterate them, especially if they are not covered by the group. They likely ASSUMED Samantha would be safe as well. The first person who provided her with a drink that night had no way of knowing the impact that his/her decision to give her alcohol would have.

Through understanding the course of Samantha's night, we know that under normal circumstances, we are able to examine our assumptions and make good decisions. But when alcohol enters the picture, things can become very cloudy, and the assumptions that once seemed so clear are not as well-defined.

What assumptions have you made or seen others make before drinking or going out with friends?

How can those assumptions help or harm?

DVD (30 minutes)

We're going to finish by watching a short documentary about Sam Spady, her life before the night that we have been talking about, and the effects it had on her family and others.

Show the documentary DVD "Death by Alcohol: The Sam Spady Story."

CONCLUSION (5 minutes)

Just as Sam's mother Patty stated at the end, we're not having this conversation today because we want "to kill your college experience." It's about taking control of our own actions and being responsible for ourselves and others. They said it best at her funeral, "no one intended" for Samantha to die that night. It's never something you want or expect when you head out for an evening or event, but in Sam's case, no one prevented her death either.



Lead the group through a series of reflective questions to sum up what has been taught:

- If you don't intend negative things to happen, how do you prevent them?
- Who is responsible when you and friends go out for the night and alcohol is involved?
- How should you discuss responsibility before drinking begins?



- How do you plan for your own personal safety?
- Once people have been drinking, what behaviors concern you?
- How do you intervene when these behaviors are occurring?



I'm giving you a wallet card provided by the Zeta Tau Alpha Foundation and SAM Spady Foundation that helps you review the signs and symptoms of alcohol poisoning. *Distribute wallet cards if available.*

You should immediately call 911 if a person has any of the following symptoms:

- Unconscious or semiconscious
- Breathing less than 10 times per minute or irregular breathing (check every 2 minutes)
- Cold, clammy, pale or bluish skin
- Can't be awakened by pinching, prodding or shouting
- Vomiting without waking up

Remember, we are responsible for ourselves and each other. You should never leave an intoxicated person alone; drink responsibly when you choose to drink; and always have a plan for personal safety.

OTHER ACTIVITIES

If your organization would like to use the Sam Spady story to help educate others, explore these additional opportunities and ideas. These ideas are meant to start you thinking about your projects. The SAM Spady Foundation is excited to see what your chapter will create! If you have any questions, need additional guidance or support, please free to contact the Foundation. For more information: www.samspadyfoundation.org

Team-Up your Who Is Watching Out for You? activity with several other college organizations.

The most important thing is to get the message of alcohol poisoning out!

Provide SOS - Start Off Safe bags during the first week of the term.

Include a wallet card and information on activities on campus. Contact your local hospital for First Aid Kits, dentists for toothbrushes, and a small bottle of water. Ask your campus bookstore to provide the bags. This can also be done before any major event on campus...big sporting events, Greek Week activities, pre-spring break, etc.

Get posters in all Greek/Residence housing before the start of school.

Have your House/Campus Residence Hall Directors include a wallet card in all move-in housing packets and ask to have posters in all house/residence halls. Bathroom stalls are always a great place to put a PSA!

Ask the SAM Spady Foundation to loan copies of Sam's artwork and have an art show on campus.

Host a "Life by Art - Death by Alcohol" exhibit; have the documentary DVD playing and give out wallet cards.

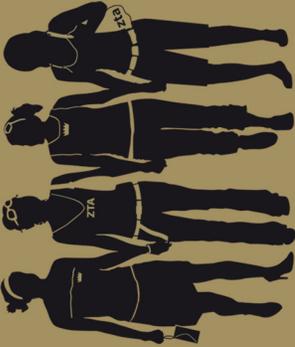
Who Is Watching Out for You?: The Sam Spady Story
Samantha Spady



Copyable GOLD Cards for "Who Is Watching Out for You?" Activity

For the interactive activity in this workshop, the number of **GREY** and **GOLD** cards can be increased/decreased to meet the needs of the group size. If you need to increase the number of **GOLD** cards, copy this page in color and cut along the white lines to make additional cards. The exercise has significant impact if every participant is given a card.

my sister
my responsibility



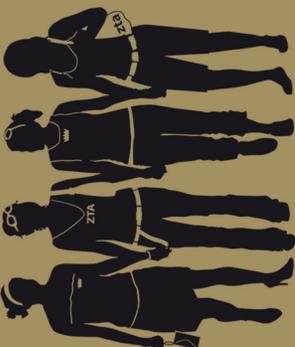
a program by zeta tau alpha

In memory of Samantha Spady
and others who have lost their lives
due to alcohol poisoning.

I pledge to take care of myself and others.



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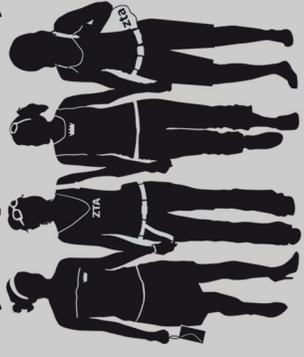
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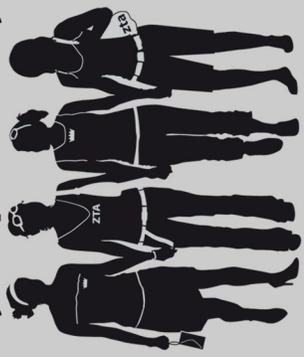


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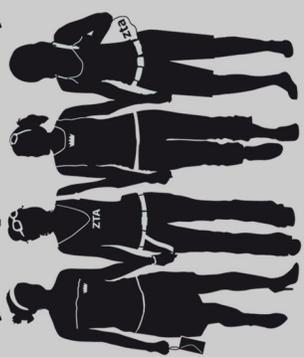


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